



FULL MOON IN GEMINI · WEDNESDAY, 21 NOVEMBER 2029

## Cancer

*This ritual is for rest, letting go, and spiritual renewal.*

Release is not loss — it is the only way the tide ever turns, and tonight the water is ready to take what you no longer need to carry.

### PREPARATION

Face west. Dim or extinguish every light in the room except what the candle will soon provide — the dark here is not absence, it is texture. Let the space be soft rather than tidy, and remove only what feels sharp or jarring to the eye. Silence everything that makes demands of your attention, and if silence feels too loud, let distant water sounds play very quietly beneath it. Brew a cup of chamomile tea and hold the warm mug against your chest for a long moment before taking the first slow sip. Close your eyes and let go of the day — not by forcing it away, but by releasing your grip on it the way you release a breath, and picture all that you are ready to surrender dissolving like salt in warm water. Open your eyes only when the room feels as quiet inside you as outside. The ritual begins now.

### THE RITUAL

Light the **white candle** and sit with it for a full silent minute before doing anything else, letting the flame and the dark around it remind you that **stillness is a practice, not a pause**.

Brew or pour your **chamomile** tea if you have not already, and hold the cup in both hands, naming inwardly — without words, just feeling — one thing you are releasing to this *Gemini* full moon.

Hold the **moonstone** in your left hand, close your eyes, and breathe slowly and without effort — in through the nose, long and loose out through the mouth — repeating this breath until the stone feels warm and the holding-on in your chest softens.

Place the **moonstone** at the base of the **white candle** and drink the rest of your **chamomile** tea slowly, with the intention that each sip carries something you are ready to let go of **down and out and gently away**.

Blow the candle out with a single soft breath, sit in the dark for a moment, and lay your hands open and face-up in your lap as the final sealing gesture — open hands, empty of what was held, ready for what comes next.

### YOU WILL NEED

white candle

moonstone

chamomile

♪ silence, or 432hz tones, or distant ocean waves